



Keller's Apple Zucchini Muffins

(can also be made dairy- and gluten-free)

Many thanks to our longtime Farmstand team member, Kellie Dietz, for sharing her recipe with us!

Ingredients:

- 1 $\frac{3}{4}$ C. regular flour (or gluten-free all purpose flour)
- 2 tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ C. butter, softened (or coconut oil, for dairy-free)
- $\frac{1}{2}$ C. brown sugar
- $\frac{1}{2}$ C. applesauce (Try Keller's Comfort Food Applesauce recipe for this recipe too!)
- $\frac{1}{2}$ C. milk of choice (skim, 2%, whole or almond)
- 1 tsp. vanilla
- 2 eggs
- 1 C. Keller's Farmstand zucchini (shredded), squeezed and patted dry
- 1 C. Keller's Farmstand apple, shredded or finely diced (Granny Smith, Fuji, Gala – or ask us for recommendations!)

Cinnamon Sugar Topping Ingredients

- 2 tbsp. sugar
- $\frac{1}{4}$ tsp. cinnamon

Directions:

1. Preheat oven to 425 F.
2. Spray a muffin tin with no-stick spray. Add flour, cinnamon, nutmeg, baking soda, and salt to a small mixing bowl. Stir them together.

3. Add butter, brown sugar, and applesauce to a large mixing bowl. Whisk together until well combined (or beat lightly with a hand mixer).
4. Add milk, vanilla, and eggs and whisk again until well combined.
5. Pour dry ingredients into wet ingredients and stir together till the batter is smooth and even.
6. Add zucchini and apple and gently fold into batter. Fill each muffin tin about $\frac{3}{4}$ full with the muffin batter.
7. Add the cinnamon sugar topping ingredients to a small mixing bowl and stir together.
8. Sprinkle the topping evenly across the tops of the muffins (about 1 overflowing tsp. of topping for each muffin).
9. Bake in the oven for 5 minutes, then reduce oven to 350F. and bake for another 17-19 minutes, or till the tops are springy to touch and a toothpick inserted comes out clean.